

15. Side Step



Run directly towards opponent



Plant foot firmly to one side



Push hard off planted foot to other side



Continue forward in new direction

- ❖ Introduce
- ❖ Demonstrate
- ❖ Execute
- ❖ Attend

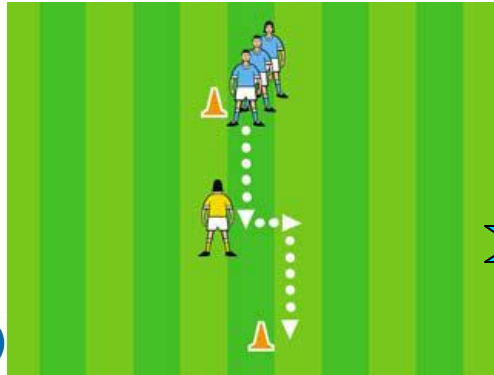
Look out for:

- Not transferring weight
- Playing the ball during the side step
- Taking too many steps to get past the opponent

The Side Step is a basic technique in Gaelic Football used to evade an opponent while in possession of the ball. The technique involves a shift in weight from one leg to the other, tricking the opponent into tackling to one side while the player moves off to the other

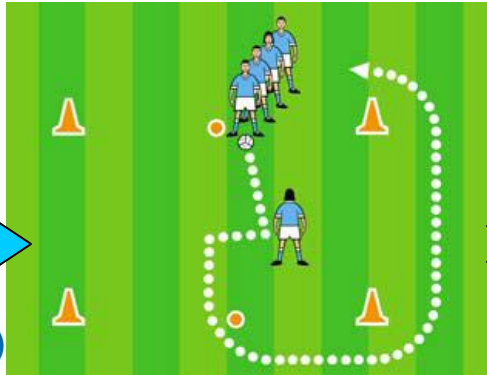
Side Step

Practice the Technique



Step Left Step Right

Each player approaches and Side Steps the middle player



Side Step and Bounce

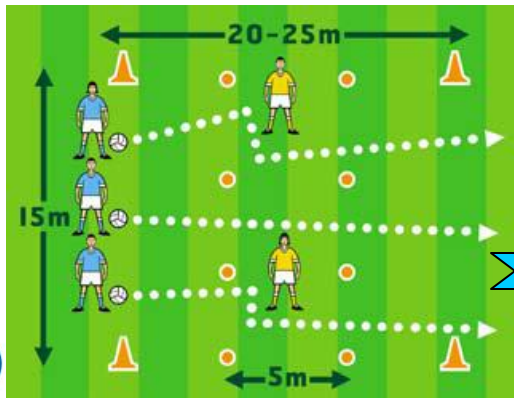
Each player takes one bounce and Side Steps the middle player



Side Step Slalom

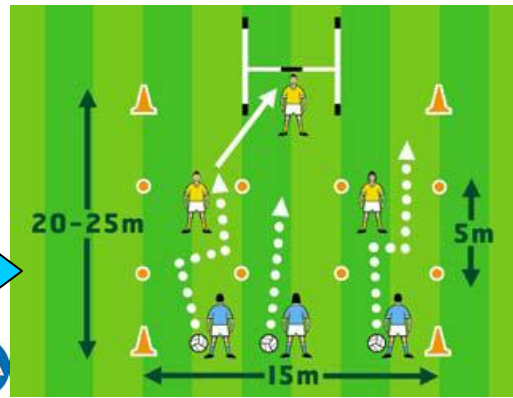
Each player jogs forward and Side Steps the markers in turn.

Develop the Skill



Pass the Guard

Attackers run forward and Side Step the defenders in the centre and continue on



Side Step, Bounce and Score

Attackers Side Step the defender, bounce and kick for a score.

STEP



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill